

Gold Coast Runners



Gold Coast Runners
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CLUB MISSION: *The purpose of the Gold Coast Runners is to promote, encourage, and support the sport of running and walking through a network of people and resources engaged to educate the community on the benefits of the sport.*

Don't pack the running shoes

By Spencer West



Before I left for my summer trip to Europe, I boldly proclaimed that I would run in each of the five countries we were visiting on our nine day trip! Then, life got in the way and my bags never made it! Beyond the extreme inconvenience of being without my stuff from home, I was also faced with the realization that I was without my running gear without any real options to buy

some overseas. A certain calmness overtook me at that point and I just put running out of my mind and focused on sightseeing and eating and drinking a little too much!

I am a firm believer in training year round and not taking time off with the exception of the week after a marathon. In South Florida, some runners take off the summer months and start fresh again when the weather starts to cool down. Other runners have training cycles and schedule downtime after each cycle ends. Although I don't profess to follow any of these methods, I will admit it was nice to have the downtime forced on me (and not because of injury). It gave my body a reasonable time to heal up a little and freed my mind of the often obsessive need to squeeze a run in.

My experience got me thinking about the little vacation time we actually have during the year and how we work so hard to earn that time away with our family. Although running is part of my life and something I enjoy immensely, it doesn't consume every aspect of my life and time with my family on vacation is more important than having a forced strict regimen on vacation. That's not to say that I wouldn't have enjoyed a few runs in new places if I had the chance, but it wasn't in the cards and I was grateful for the extra time to get the most out of my time with my family.

There are times that I schedule time away around a race and love the built in excuse to travel. But there are other times that the main focus of the trip is to get away with loved ones and see new places. Knowing the difference between the two is something I am learning about as I go. The lines can be blurred sometimes when you have an active athletic family.

I guess the lesson for me is that taking the pressure off of ourselves at certain points in the year isn't something negative and, in fact, allows the body to heal from the effects of the hard training we all do throughout the year. Relaxation is a part of training too and one that most of us overlook quite often.

If you have any ideas for a future article, please feel free to contact me at spencerrunner@gmail.com or message me on Facebook.

MEMBERSHIP APPLICATION

CHECK ONE: New Member(s) Renewing Member(s) Past Member(s)

CHECK ONE: Individual Family
 1 Year \$35.00 \$50.00
 2 Year \$60.00 \$75.00
 3 Year \$95.00 \$115.00

Make checks payable to: Gold Coast Runners
 Mail to: Gold Coast Runners c/o Runner's Depot 2233 S. University Drive, Davie FL 33324

Name _____ Sex _____ DOB _____
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 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____

E-Mail Address _____

I would like to help out on the following team(s): Races Membership Newsletter Social Events Fund Raising

How did you hear about the Gold Coast Runners? _____

Upon submission of this application, I agree to assume all risks associated with participation in any activity of the Gold Coast Runners. I release all sponsors, officers, employees and any person assisting on a volunteer basis from any claims of liability resulting from my participation. Parental signature required for minors.

Signature _____ Date _____